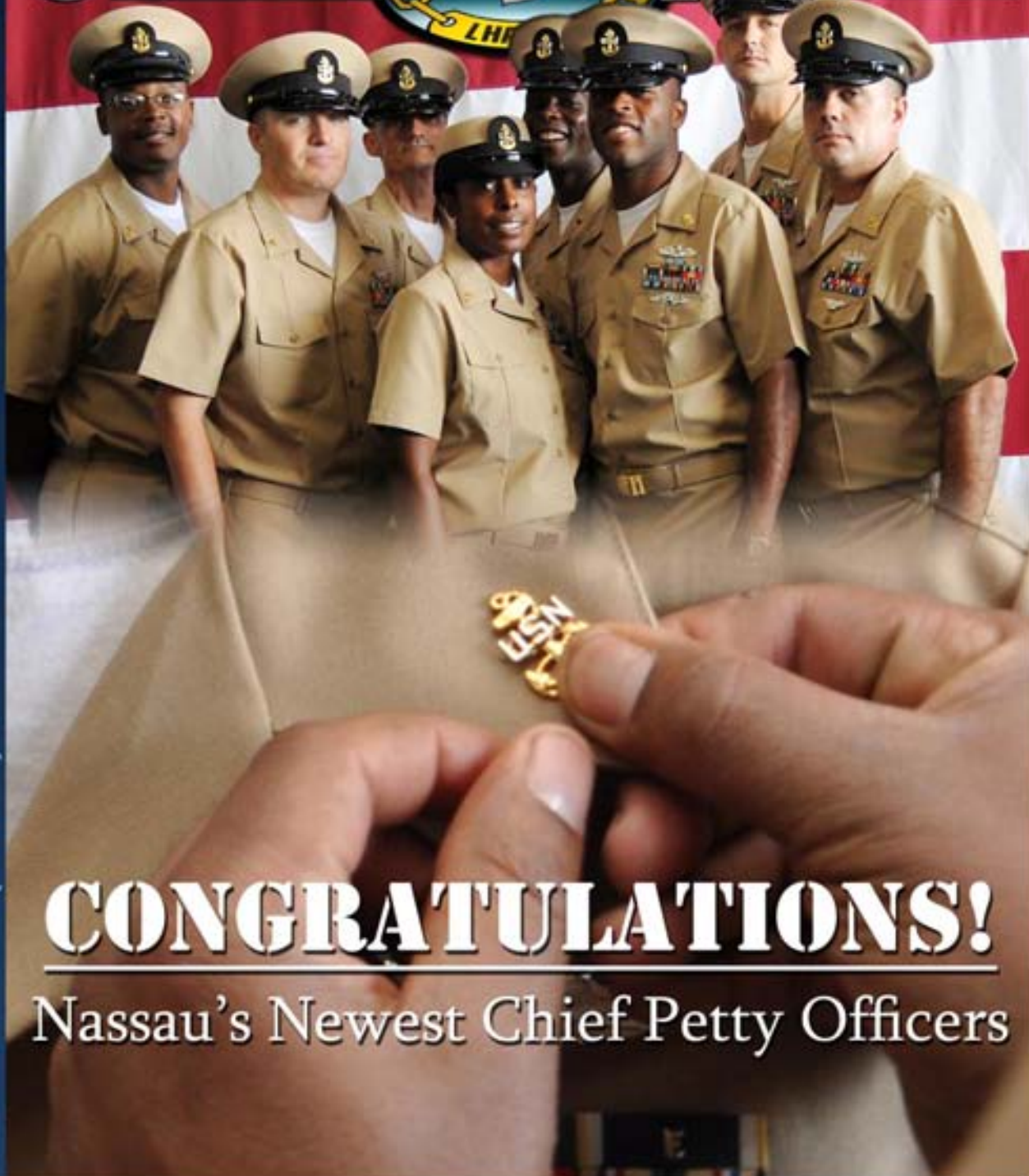


Gator Times



CONGRATULATIONS!

Nassau's Newest Chief Petty Officers

Gator Times

LHA 4

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GatorTimes

Commanding Officer
Capt. Samuel Norton

Executive Officer
Cmdr. Gregory Romero

Command Master Chief
CMDCM(AW/SW) Stan Kopiczak

Administration Officer
LT Samantha Savage

Visual Information Division Officer
Ensign Apphia Maxima

Public Affairs Officer
MCC(SW/AW) Chris Hoffpauir

Editor
MC1(SW) James Stilipoc

Design & Layout
MCSN(SW/AW) Jonathan Pankau
MC3(SW) Chris Williamson

Staff
MC2 Kristan Robertson
MCSN Ian Carver

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On The Cover:
Nassau's new chief petty officers receive their anchors.
Illustration by MC3(SW) Chris Williamson



After enjoying some well-deserved time off after our recent deployment, Nassau returned to sea and her Sailors were back at work operating the Navy's Top Gator.

A few days after leaving Norfolk for Naval Weapons Station Earle, N.J., I had the pleasure of seeing nine of Nassau's outstanding Sailors stand before the crew in their new khaki uniforms, pin on their anchors and don their covers. These new Chief Petty Officers can take great pride in their accomplishment and will help shape the Navy's future for years to come.

Our trip to New Jersey puts us within an hour of America's biggest city, New York. Nassau has made many visits to the area over the years and everyone here has always treated us with the utmost hospitality. This trip was no different. Many Sailors took advantage of the opportunity to see a Broadway show, go to a ballgame or to visit some of the most famed restaurants in the country. Of course, many also paid their respects at the site of the World Trade Center while visiting Manhattan.

Despite a Service Life Extension Program review by Congress that has the possibility of keeping her in service, we're still moving forward with our prepara-

Captain's Call

Capt. Samuel Norton
Commanding Officer
USS Nassau (LHA 4)



tions for a decommissioning in March 2011. As we approach the decommissioning we will begin to see changes in manning and will be closely coordinating our efforts with the Navy Personnel Command in Tennessee. I ask everyone to remain both diligent and patient as we work through the process. Nassau also continues to prepare for a Board of Inspection & Survey Visit in November 2010.

Finally, I appreciate all our Friends and Families have done for us since our return. That continued support has gone a long way toward helping our Sailors return to everyday life after an arduous deployment. Thank you for all that you do.

CMC Corner

CMDCM (AW/SW) Stan Kopiczak



Shipmates, Nassau Family and Friends

We're back in full swing after our stand-down period. Our first time underway since the deployment was busy and went extremely well.

After taking care of a few local training events off the Virginia Capes, Nassau headed to Naval Weapons Station Earle, N.J., to offload ammunition. Many crew members enjoyed trips to New York City, Atlantic City and other local attractions. Meanwhile, the Weapons Department ensured the offload was safe and without incident. Hats-off for a job well-done!

Though deployment is over, the NASSAU Family Readiness Group is still going strong and needs your support. The next meeting will be Oct. 12 at 6:30 p.m. at the First Baptist Church of Norfolk, 312 Kempsville Road in Norfolk. They'll be electing new officers, so your participation is important. Child care is available; just contact nfrgvicepresident@yahoo.com.

This article is a little bittersweet for me, as this will

be my last Gator Times. I'll be transferring at the end of September to Helicopter Sea Combat Wing, U.S. Atlantic Fleet. I can't tell you what an honor it has been to be Nassau's Command Master Chief for the past three years. Nassau's Sailors have had a lot thrown at them and no matter the intensity of operations or change in schedule has always come through with flying colors. Watching them grow and come together as a team has done my heart good and kept me motivated.

I'd like to thank each of you for your constant professionalism and dedication to our Navy and our Command. To our families I thank you for your overwhelming support, warm thoughts, and prayers over the years. I'm confident the crew and families will be in good hands as I turn over my duties to a true professional, ITCM(SW/AW) Jeff Barlow. Please continue to show him the same support you've shown me.

It's been an honor and I've truly had the time of my life as Nassau's CMC.

Safety Earns Excellence Award

Story by MC3(SW) Chris Williamson
USS Nassau Public Affairs

USS Nassau (LHA 4) was selected as the winner of the 2010 Secretary of the Navy Safety Excellence Award (SECNAV SEA) Aug. 14.

The SECNAV SEA recognizes commands that have demonstrated exceptional and sustained safety excellence. The objectives of the award program is to encourage increased mission readiness by mishap and hazard reduction, promote full integration of operational risk management principles, and to foster a sound safety culture throughout all commands, activities, and units.

SECNAV Ray Mabus said Nassau demonstrated extraordinary commitment to the DON's safety vision, and achieved the DON's goal as one of the best military safety organizations in the world.

Aviation Machinist's Mate Senior Chief (AW/SW) Charles Warren, Nassau's Safety Department Leading Chief Petty Officer, said that Nassau accomplished the DON's objectives with flying colors by being the number one large deck combatant ship in the Navy.

"We are the safest large deck in the fleet," said Warren. "This award really shows our commitment to safety, considering we beat out aircraft carriers and other amphibious vessels on the Atlantic and Pacific waterfront."

Nassau's Safety Officer Lt. Theodore Lemerande said Nassau's safety personnel are constantly on guard by walking around and keeping the ship safe.

"They are always out watching evolutions and stopping unsafe events," said Lemerande. "One of the biggest contributions to the award was that there were no mishaps. My guys helped the crew do everything right with safety in mind."



USS NASSAU, At Sea (April 10, 2010) Aviation Boatswain's Mate (Handling) 2nd Class (AW/SW) Matthew Arnold of Kissimmee, Fla., monitors safety on USS Nassau's (LHA 4) Flight Deck during a vertical replenishment.
Photo by MC2 Patrick Gordon

Nassau's Safety Department will receive a plaque, citation, and the SECNAV SEA flag at a ceremony that will be held Oct. 4 at the Navy Memorial and Naval Heritage Center, Washington, D.C. Nassau is allowed to fly the flag for one year.

"Congratulations on your selection for this prestigious award," said Rear Adm. Kevin D. Scott, Commander, Expeditionary Strike Group 2 (ESG 2). "It is especially impressive in light of your short notice assignment to the Amphibious Ready Group six months prior to your deployment and 159 continuous days at sea. Risk management is intrinsic to safe and effective operations, whether at home or deployed in harm's way."

Nassau's Safety Department also won the Command Excellence Award and the Chief of Naval Operations (CNO) Safety Award.

"We can't be everywhere," said Warren. "We try our hardest to get safety out on the forefront but it was the combined dedication of all hands that contributed to our success and staying safe."

Nassau Pins Nine New Chiefs

Chief Hull Technician (SW) Christopher Hovey
Hometown: Madison, Maine
Enlisted: Jan. 9, 1996
Reported to Nassau: February 2010

Chief Aviation Electrician's Mate (AW/SW) Alisha R. Moyer
Hometown: Martinsville, Va.
Enlisted: March 3, 1998
Reported to Nassau: Aug. 12, 2010

Chief Interior Communications Electrician (SW/AW) John M. Bartlett
Hometown: Mount Holly, N.J.
Enlisted: March 19, 1996
Reported to Nassau: October 2006

Chief Aviation Support Equipment Technician (AW/SW) Matthew C. Foster
Hometowns: Memphis, Tenn., Oak Harbor, Wash.
Enlisted: March 1992
Reported To Nassau: August 2008

Chief Aviation Boatswain's Mate (Fuel) (AW/SW) Michael E. Neck, Jr.
Hometown: Portsmouth, Va.
Enlisted: March 20, 1996
Reported aboard Nassau: June 2010

Chief Information Systems Technician (SW/AW/EXW) Brinkley
Hometown: Bay City, Texas
Enlisted: 1999
Reported to Nassau: April 2009

Chief Culinary Specialist (SW/AW) Donnie L. Townsend
Hometown: Detroit, Mich.
Enlisted: Feb. 17, 2000
Reported to Nassau: November 2008

Chief Damage Controlman (SW/AW) Marcus D. Pope
Hometown: Atlanta, Ga.
Enlisted: August 22, 1997
Reported to Nassau: May 2008

Chief Machinist's Mate (SW) William E. Greene
Hometown: Charleston, W.V.
Enlisted: 1988, 1995
Reported to Nassau: January 2009



Stand, Navy, out to sea, Fight our battle cry; We'll never change our course, so vicious foes steer shy-y-y-y. Roll out the T



ASC(AW/SW) Matthew Foster, from Oak Harbor, Wash., ITC(SW/AW/EXW) Tauriland Brinkley, from Bay City, Texas, and ISC(SW/AW) John Bartlett, from Mount Holly, N.J., stand at attention in front of the American flag during the chief pinning ceremony held in the Hangar Bay.



ABFC(AW/SW) Michael Neck Jr., from Portsmouth, Va., receives his chief anchors during the chief pinning ceremony held in the Hangar Bay.



Nassau's new chief petty officers pose for a group photo after the chief pinning ceremony in the ship's Hangar Bay.



Nassau's chief petty officer selects march in place while singing "Anchors Aweigh" during the chief pinning ceremony held in the Hangar Bay.

Photos by MCSN(SW/AW)
Jonathan Pankau

Anchors Aweigh, my boys, Anchors Aweigh. Farewell to college joys, we sail to the

T, Anchors Aweigh. Sail on to victory and sink their bones to Davy Jones, hooray!

break of day-ay-ay-ay. Through our last night ashore, drink to the foam, until we meet once more. Here's wishing you a happy voyage home!

Nassau Visits the Fame School

Story and photoby MC3(SW) Chris Williamson
USS Nassau Public Affairs



Nassau Boatswain's Mate 3rd Class (SW) Anuradha Sharma speaks with Fiorello H. LaGuardia High School of Music and Art and Performing Arts students, located in New York City, about underway replenishments (UNREP).

Rising early and catching a train into New York City was only the beginning for a group of USS Nassau (LHA 4) Sailors who visited the Fiorello H. LaGuardia High School of Music & Art and Performing Arts on Sep. 21.

The visit to the school was an opportunity to educate the students about the Sailors' recent deployment and what each of their jobs entails.

Mass Communication Specialist 1st Class (SW) James Stillep, Logistics Specialist 2nd Class (SW/AW) Ravinesh Prasad, and Boatswain's Mate 3rd Class (SW) Anuradha Sharma were the guest speakers at the school which was the subject of the 1980 and 2009 films "Fame" and the television series of the same name.

The students take entrance exams and auditions in front of the teachers in order to gain acceptance into the school. Students also attend all the classes required by New York law as well as music, theatre, and fine arts classes.

The Sailors spoke to eight, 45 minute classes and received a tour of the school's theater, music and sculpture rooms. Throughout the halls, they received thanks and warm wishes from the teachers and

students. The service members also got to experience New York life outside the school's walls during their breaks by sightseeing and stopping to eat.

Stillep spoke with the students about oceanography, meteorology and the different parts of the MC rating, including photography, graphic design and journalism.

Prasad told the students about how the Navy promotes environmentally friendly sanitation procedures by properly disposing of hazardous materials (HAZMAT) and shipboard garbage. He also talked about the various other duties Sailors have such as security watches and damage control.

Sharma explained line handling, steering the ship and underway replenishments to the students, along with the importance of man overboard procedures.

At the end of the day, the students weren't the only ones who learned some valuable information. The Sailors learned that LaGuardia students are some of the most creative minds in the country and come from all walks of life.

Nassau Gains Two American Citizens

Story by MCSN(SW/AW) Jonathan Pankau
USS Nassau Public Affairs

Two Sailors attached to USS Nassau (LHA 4) received their American citizenship Aug. 19 aboard USS Dwight D. Eisenhower (CVN 69). Machinery Repairman Fireman (SW/AW) Shantel Simonphillip, from St John's, Antigua, and Aviation Support Equipment Technician Airman Apprentice Claudia Ramirez, from Michoacan, Mexico, both took their Oath of Allegiance to the United States. This ceremony completes the naturalization process and holds special significance to those who receive their American citizenship. "I felt so proud during the Oath ceremony," said Ramirez. "The command aboard Nassau was very supportive. My leading petty officer, AS1 Crutcher, took me to the ceremony and took me out to lunch afterward."

Legalman 1st Class (SW/AW) George Amerson, from Deerfield Beach, Fla., said that all military commands have resources available that work with the Immigration and Naturalization Service (INS) to expedite service member naturalization. As long as the service member has been in the United States Armed Forces for three years or served in a time of military hostility they are eligible to apply for the military citizenship process. "All of the requirements for the paper work can be found in the citizenship packet on the INS website," Amerson said.

Ramirez described the process as efficient, more so than doing everything as a civilian. She also commented that if a service member is looking to receive their citizenship they should not hesitate because the process can be done for free.

"When I went through the process I was in A-school, but they had an office specifically designated for aiding service members with their citizenship package," Ramirez said. "All I did was go in and fill out a package and after my fingerprints and photo were taken I just had to wait for a citizenship interview appointment."

Ramirez added that it would have taken her three months to receive her citizenship but she deployed with Nassau in January. She also said a year wait is the minimum for most civilian



Aviation Support Equipment Technician Airman Apprentice Claudia Ramirez, from Michoacan, Mexico, takes the Oath of Allegiance during a ceremony aboard USS Dwight D. Eisenhower (CVN 69).

Photo by AS1(AW/SW) Luciana Crutcher

citizenship packages

"I would recommend anyone in the military to take the time to apply for their citizenship," Amerson said. "The Department of Defense and Immigration and Naturalization Service streamlined the process for service members to apply for their American citizenship." Amerson added that most of the naturalization process can be completed aboard the ship or whatever command the service member is attached to.

"It feels great to be an American citizen," Simonphillip said. "I now have the opportunity to have a say in the leadership and governmental policies of the nation I serve and protect."

Contact your legal office for more information or visit the Web sites www.USCIS.gov, and www.ins.usdoj.gov.

Barber Improves Techniques Aboard Nassau

Story & photo by MC3(SW) Chris Williamson
USS Nassau Public Affairs



Ship's Serviceman Seaman Anthony Myers, from Athens, Ga., gives a medium bald fade haircut to Culinary Specialist 3rd Class Craig Maley, from Baltimore.

One barber aboard USS Nassau (LHA 4) stands out from the rest. Ship's Serviceman Seaman Anthony Myers receives praise for his haircuts but hasn't set one foot inside a barber school.

Instead, he learned the fundamentals of barber shop sanitation and hair cutting aboard Nassau.

Myers was taught hair cutting techniques, sterilization procedures for equipment and customer service standards from the senior barbers. The first training phase involved watching and learning from the senior barbers. Myers used what he learned to practice on his shipmates' hair during the hands-on training phase.

"It's a good thing haircuts are free aboard ships," said Myers, from Athens, Ga., with a laugh. "When I first started, I wasn't doing as well as I am right now. All the training from previous barbers paid off though. I'm glad they watched me closely and pointed out my mistakes."

This technique teaches ship's servicemen to improve a Sailor's appearance and further educates them later on, added Myers.

Ship's Serviceman 1st Class (SW/AW) Carl Fortune, from Lake Charles, La., said that even though Myers hasn't been to the shipboard barber "C" school, he still showcases exemplary skills in the barber shop.

"He's a great barber from what I've seen so far," said Fortune. "I've been to barber school and I think he's really got what it takes."

A log book on the barbershop table is always open to the customers to provide a written critique of Myers' performance.

"I've gotten nothing but good responses since we deployed," said Myers.

"He's exceptionally good at what he does," said Airman William Greenman, from Sacramento, Calif. "If Myers is cutting hair that day, I make an appointment as soon as I can."

"I enjoy cutting hair because it's a challenge," said Myers. "There's always something or somebody new, and I always try to do my best so the customer is happy."

Chaplain's Corner



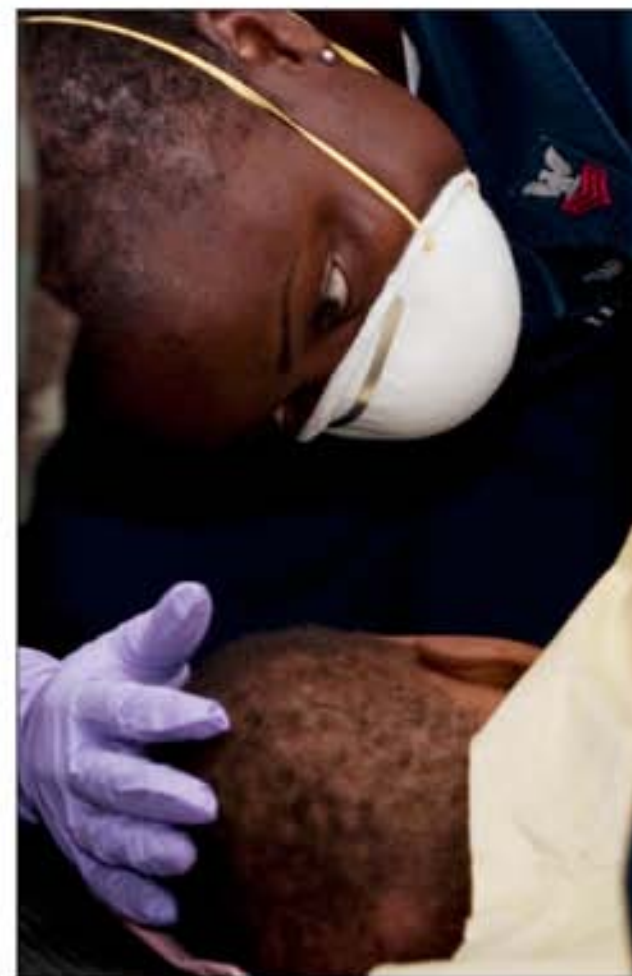
Chaplain's Corner provided by USS Nassau Command Religious Programs

The USS Nassau, USS Ashland, and USS Mesa Verde are the Ready ARG for the Commander 2nd Fleet. If our nation and Navy needs us we are ready to get underway for national tasking. Being the Ready ARG means we are manned, equipped and materially ready to go with very little notice. Individual and family readiness are critically important to military readiness. We all know the toll exacted on individuals and families due to Naval service. The wear and tear of military life is stressful and can negatively impact individual and family readiness.

How can we all improve individual and family readiness? Here are some action tips to improve personal and family readiness:

- 1) Maintain physical fitness/healthy eating/hydration
- 2) Get adequate rest
- 3) If you use alcohol, use in moderation or not at all
- 4) Live your Core Values of Honor, Courage and Commitment
- 5) Forge and build strong interpersonal relationships through good communication, healthy boundaries, shared and realistic expectations, and conflict resolution
- 6) Learn to relax and take leave to recharge your mental and emotional battery
- 7) Live within your means and manage your income prudently
- 8) Have a sense of humor and learn about Positive Psychology- check out this link:
<http://www.authenticchappiness.sas.upenn.edu/Default.aspx>

If you find your life out of control, up side down, or simply needs a sounding board- seek help at the Fleet and Family Service Center, Family Advocacy or your Chaplains. Individual and Family Readiness Enhances Military Readiness



Logistics Specialist 1st Class (SCW) Essi Amegee, from Gaithersburg, Md., comforts a child evacuated from Haiti. Amegee assisted humanitarian aid and disaster relief efforts as a French interpreter during Operation Unified Response. Situations such as the earthquake that decimated Haiti call for a quick response by military and medical personnel. Ready ARGs fill that role. Photo by MCSN(SW/AW) Jonathan Pankau

COMMAND ACHIEVEMENTS



NAVY & MARINE CORPS



ACHIEVEMENT MEDAL

ENFN James Navarro
MC2 Patrick Gordon
AMC Allen Bowman
AT1 Stephen Hayes
EN1 Aaron Villa
FC2 Jason Mosher
BM1 Rusty Miller
MM2 Tyrone Williams
BM3 Logan Holman
AWS2 Wesley Nordli
MM2 Steven Jones
SH2 Daphne Yowk
MM3 Shaun Davis
MMC Jose Torres
MM3 Corey Bennett
MM1 Philip Thomas
LS3 Daniel Biggs
LS3 Keith Parrish
ABHAN Kyle Wyrock
ABH2 Matthew Arnold
AO2 Lance Whitacre
ABF3 Ryan Moore
LCDR Hampton Parrish
CPL Travis Linder
CS2 Donald Reach
GM1 Michael Braun
LTJG Monica
Schneider

SH3 McRae Willis
ABF3 Mario Rubio
ABH3 Isak Bonyo
SN Eleasah Brown
SN Scott Tatum
AM2 Craig Ashner
SSGT Bradley Jackson
AO2 Sherwin Mendoza
BM2 Miranda Pellotalers
BMSA David Vessar
SN Camren Baker
DC2 Randolph Gaul
SHSN Matthew McKenna
ABF2 Nilkalys Gaddy
ABH3 Jeremy Henry
AO1 John Reed
LS2 Daniel Shelton
ET2 Kimberly Corbin
LS2 Kevin Smalls
GYSGT Kristopher
Harlowe
AS2 Justin Barrett
SN Austin Treat
AG2 Elrick Long
YN2 Crystal Bower
AS2 Leslie Stanek
BMC Spencer Wheeler
SSGT Kristopher Klein

AS2 Alan Gudknecht
GSCS Stephen Lowe
BM2 Enrique Aparicio
AS1 Luciana Crutcher
ABF3 Antoine Slater
ABF3 Daniel Zubiria
ABF2 Niarcos Martinez
BM1 Reginald Sanders
SGT Ryan Kruse
CPL Travis Linder
SSGT Garratt Strain
SGT Carlos Asencio
SGT Scotty Stevens
AS3 Fransico Deluna
ABH3 Joshua Chorniak
GYSGT Randall Barr
BMSN Leo Biggs
BMSN Eric Bolt
CPL Chad Wasmoen
SGT Jonathan Miller
BM3 Samuel Lippencott
BM3 Joshua Heim
BMSN Karla Hernandez
SN Jamie Roberson
LCPL James Barrett
MC1 James Stilipee
CS3 Nicholas Roby
BM2 Kyle Sweger

BMC Spencer Wheeler
FN Rayan Alarca
YN3 Brandon Favors
CTR1 Jerome Reed
LCDR Jamie Rogers
SGT William Shepley
EN2 Justin Ness
SGT Shawn Ronko
MSGT Jeffrey Klemmer
AS3 Christopher
Harman
MM2 Charles Knupp
SGT Stephen Chandler
LCPL Joseph Rowe
ABF1 Carlos
Camarena
MM3 Mario Estrada
EM1 Jerry Avila
MM2 Scottie Ryder
IS2 Marcua Loen
MM1 William Greene
EM2 Karl Toth
AM1 Juan Anderson
SGT Luis Uresti
SH2 Jamal Nickerson
CWO4 Daniel Desmit
SGT Jerrel Williams
QM2 Nicole Walker

